

the Kingsport Senior Center News



Saturday,
May 16, 2015

First Floor

9:00a.m.-
1:00p.m.

FREE

Omega Challenge '15

The Omega Challenge is a team competition that encourages creative problem solving, extraordinary thinking and motivating activities. The 2015 challenges may consist of the Famous Face Race, Geography Race, Memory Challenges or logical thinking problems. Teams consist of 4-6 members. Plan to form your team with friends, coworkers or acquaintances but they must be 50 years or older. Don't have a team? Don't worry we will place you. Sign up your team up now!!!

Save the Date:

Senior Center
Closed:

Saturday, May 23
and Monday, May
25 for Memorial
Day!



Free trial
membership will be
offered in May and
June so tell your
friends!!



Kingsport Senior Center Staff

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Sutonia Sizemore
246-8060

Center News

The Kingsport Senior Center has an open-door policy and the staff is always willing to accept suggestions, comments and questions from members.

Refund Policy

The Senior Center staff is not authorized to give refunds. When a refund is required for any reason, the request is first made at the Senior Center, turned in to the Finance Department and checks are issued. Please allow at least three weeks for processing. A receipt must accompany the request for a refund.

Membership Dues

For Fiscal year: July 1, 2014-June 30, 2015

\$15- Kingsport Residents

\$35- Sullivan County Residents

\$60- Out-of-County Residents

Location and Hours of Operation

Main Site: Renaissance Building: (423) 392-8400

1200 E. Center Street

Kingsport, TN 37660

Hours of Operation:

Monday-Friday 8:00am-7:00pm; Saturday 9:00am-Noon

www.kptseniors.net

Lynn View Branch Site: (423) 765-0134

257 Walker Street

Kingsport, TN 37665

Hours of Operation:

Monday-Wednesday 9:00am-2:00pm

***The exercise room and computer lab will close 15 minutes prior to the closing of the Center.**



WELLNESS

Seminars

Take the Ouch Out of Diabetes: Ashley Bates, PharmD with Cave's Drug Store will be at the center on **Thursday, May 7, 2015** at 10:30 am in the card room. Topic of discussion will be *"Take the Ouch Out of Diabetes"*. From testing your blood sugar to injecting insulin, living with diabetes usually involves using needles and lancets. Did you know that there are simple steps you can take to make injecting diabetes medications, such as insulin, and testing your blood sugar essentially pain free? In this exciting class, we'll discover these steps and more. You won't want to miss this exciting event!

What Do I Do Now?: Kim Jones, LBSW Rehabilitation Liaison with HEALTHSOUTH Rehabilitation Hospital will be at the center on **Tuesday, May 12, 2015** at 10:30 am in the card room. Topic of discussion will be *"What Do I Do Now?"* this seminar will be a slide show presentation of anyone who might find themselves having to make decisions for extended care after an illness or injury. The differences between patient rehab, skilled care, outpatient therapy, and home health will be discussed. This is an event you will not want to miss, so mark your calendars!

Falls: Dr. Mauricio Rosero with ETSU Family Medicine will be at the center on **Tuesday, May 19, 2015** at 12:30 pm in the card room. Topic of discussion will be *"Falls"*. This seminar will cover the causes of falls and tips on how to avoid them. This is an event you will not want to miss, so mark your calendars!

LUNCH and LEARN

Ginny Jenkins, CE with Smoky Mountain Home Health & Hospice will be at the center on **Tuesday, May 26, 2015** at 11:30 am in the card room. Topic of discussion will be "High Blood Pressure and Stroke Awareness". This lunch and learn will offer a healthy lunch from the Mediterranean Diet which shows healthy ways to prepare your food along with portion sizes. Stop by the office or call 423-392-8400 to sign up, there is a limit of 20 seats available.

Health & Wellness Fair

The Kingsport Senior Center's Health & Wellness Fair will be on **Tuesday, June 23, 2015** on the 1st floor from 9:00 am to 11:00 am. **NOTE:** Registration will not start until 9:00 am! Come join us for a day of wellness. Blood pressure checks, and chair massages. Door prizes will be given and you must be present to win. So mark your



Tournaments

PickleBall Tournament: Come join us for a pickleball tournament on **Wednesday, May 6, 2015** at 10:00 am at Lynn View. This tournament will be doubles playing best of three games, with prizes for 1st, 2nd, and 3rd place only. Cost is \$2.00 per person due day of tournament. We need at least 14 to sign up for tournament to be played. Sign up in the office.

Corn Hole Toss Tournament: Come join us for a corn hole toss tournament on **Friday, May 15, 2015** at 12:00 pm in the gym. This tournament will be doubles playing the best of three games, with prizes for 1st, 2nd and 3rd place only. Cost is \$2.00 per person due day of tournament. We will need at least 12 to sign up for tournament to be played. Sign up in the office.

Shuffleboard Tournament: We invite all shuffleboard players to show off your skills on **Wednesday May 27, 2015** at 9:30 am. This tournament will be doubles playing the best of three games, with prizes for 1st, 2nd, and 3rd place only. We will only use one side of the scoreboard. Cost is \$2.00 per person due day of tournament. We will need at least 10 to sign up for tournament to be played. Sign up in the office.

HANDLE PRESSURE

Bad news on the ol' sphygmomanometer? If your blood pressure is elevated, lower your salt intake and try one or more of these BP busters. **1.** Three days a week, do a cardio workout at 60 to 65% of your max heart rate for 40 minutes. **SYSTOLIC-7/ DIASTOLIC- 9.** **2.** Chill out with an hour of tai chi, six days a week, for 12 weeks. **SYSTOLIC- 6. 3.** Every weekday for three months eat a 600 to 650 calorie lunch that has 4 ½ ounces of vegetable and less than 18 grams of fat. **SYSTOLIC- 6/DIASTOLIC-8.** Sources: Journal of the American College of Cardiology, Clinical and Experimental Hypertension, Lipids in Health and Disease.

IS THIS HERO A VILLAIN?

Some food messes with your mind before your waistline: **People tend to underestimate the calories in pizza and subs more than in other fast food**, a study in the Journal of Consumer Affairs reveals. Study participants thought subs and pizza contained fewer calories than they actually did, but gave more accurate calorie counts for hamburgers, fried chicken and Mexican entrees. The reason? People misjudge pizza portion and sizes and perceive subs as healthy food, study author Scot Burton, PH.D. Order a low-cal side.

Daily Activities and Classes at the Center

Monday:

- Silver Sneakers Classic: 8:15am – Gym
- Open Woodshop: 8:30am-3:00pm- Woodshop
- Massage Therapy: 9:00am- Multipurpose Room (appointment only)
- Quilting: 9:00am- Room 303
- Lap Swimming: 9:00am- Aquatics Center
- High Impact Aerobic: 9:15am – Gym
- Camera Club – www.scphotogroup.com
- Happy Day Singers: 9:45am
- Clay, Intermediate: 10:00am- Clay room
- Strength Training: 10:15am- Gym
- Beginning Line Dancing- 11:30am- Gym
- Intermediate Line Dancing- 12:45pm- Gym
- Knitting: 1:00pm- Room 303
- Mahjong: 1:30pm- Card Room
- Table Tennis: 2:00pm- Gym
- Volleyball: 4:00pm- Gym

Tuesday:

- Massage Therapy: 8:00 am- 2:00 pm- Multipurpose Room (Appointment Only)
- Lap Swimming- 9:00am- Aquatics Center
- Zumba Fitness: 8:15am- Gym
- Open Woodshop- 8:30am- Woodshop
- Mini Cardio: 8:45am- Gym
- Ceramics: 9:00am- Ceramics room
- Strength Training: 9:30am- Gym
- Basket Weaving: 10:00am- Room 303
- Renaissance Strings: 10:00am- Atrium
- Sing Along: 10:15am- Cafeteria
- Exercise for Everybody- 10:30am- gym
- Beginner Dulcimer: 11:00am- Atrium
- Shuffleboard: 1:00pm- Ceramics Hallway
- Pickelball: 1:00pm- Gym
- Basketball: 4:00pm- Gym
- Ballroom Video Class: 4:30pm- Room 302

Wednesday

- SilverSneakers Classic: 8:15am- Gym
- Tai- Chi: 8:30am- Room 310
- Open Woodshop: 8:30am- Woodshop
- Lap Swimming: 9:00am- Aquatics Center
- High Impact Aerobics: 9:15am- Gym
- Clay, Intermediate: 10:00am- Clay Room
- Strength Training: 10:15am- Gym
- Intermediate Clogging: 11:15am- Room 302
- Hand & Foot Card Game: 12:30pm- Card Room
- Belly Dancing: 1:00pm- Room 302
- Table Tennis: 1:00pm- Gym

Thursday:

- Zumba Fitness: 8:15am- Gym
- Mini Cardio: 8:45am- Gym
- Lap Swimming: 9:00am- Aquatics Center
- Ceramics: 9:00am- Ceramics Room
- Woodcarving: 9:00am- Room 303
- Strength Training: 9:30am- Gym
- Beginning Clogging: 10:00am- Room 302
- Exercise for Everyone: 10:30am- Gym
- Intermediate Dulcimer: 11:00am- Atrium
- Core & Posture Beginning Belly Dance: 11:30am- Room 302
- Volleyball Lessons- 11:30am- Gym
- Jam Session: 12:30pm- Cafeteria
- Volleyball: 1:00pm- Gym
- Shuffleboard: 1:00pm- Ceramics Hallway
- Piano Lessons: 2:00pm- Multipurpose Room
- Pickleball: 4:00pm- Gym

Friday:

- SilverSneakers Classic: 8:15am- Gym
- Lap Swimming: 9:00am- Aquatics Center
- Genealogy Club: 9:00am- Computer Lab
- Open Woodshop: 9:00am
- High Impact Aerobics: 9:15am- Gym
- Strength Training: 10:15am- Gym
- Pickleball: 1:00pm- Gym
- Bridge Group: 1:00pm- Atrium

Saturday:

- Basketball: 9:00am- Gym
- Table Tennis: 10:30am- Gym
- Exercise Room: 9:00am-12Noon
- Computer Lab: 9:00am- 12Noon



Travel and Special Events

Woodburning "A Painting of Tulips" -

Wednesday, May 6, 2015- Room 310- 9:00a.m.-12noon- Cost: \$25.00 paid to instructor- Students will need to bring woodborer with tips- Instructor: Sharon Chase- **Sign up now!**

Afternoon Tea Party-Friday, May 8, 2015- Cafeteria- 12:30pm- Free- Bring your favorite teapot to enter it in the teapot contest. Refreshments sponsored by comfort keepers. **Sign up now!**

Cooking with Tracy- Monday, May 11, 2015- Lounge- 11:00a.m.- \$2.00 paid at sign up- **Sign up now!**

Woodburning Painting- Wednesday, May 13, 2015- Room 303- 9:00a.m.- 12noon- Cost: \$20.00 paid to instructor- Students will need to bring their woodburner with tips- Instructor: Sharon Chase- **Sign up now!**

Flower Arranging Class- Thursday, May 14, 2015- 10:30a.m.- Card Room- Cost:\$10.00 per person paid to instructor- Bring scissors or sharp knife to cut flowers and bring a container to hold flowers in- **Sign up now!**

Game Day: "Trivia Crack"- Friday, May 22, 2015-10:00am- Free- Need teams of 2- This is a game that will test your mind! Categories include: Art, Science, History, Geography, Sports and Entertainment- **Sign up now!**

Pasta For All Seasons- Wednesday, May 27, 2015- Lounge- 3:30p.m.-4:30p.m.- Cost: \$2.00 paid to instructor Jana Moulder- This class will feature a pasta dish for spring, summer, fall and winter- **Sign up begins May 4.**

Beginning Drawing

Friday, May 22, 2015
1:00p.m.-4:00p.m.
Room 303
Cost: \$20.00 paid to instructor
Anne Thwaites

Learn basics on how to draw

Sign up now

Bob Ross Style Painting

Wednesday, May 20, 2015
10:00am-2:00pm
Room 303
Cost: \$50.00 paid to instructor
Jay Holdway

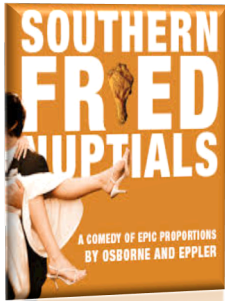
Bring your lunch.

Sign up now



Travel and Special Events

Barter Theater Presents: “Southern Fried Nuptials”



Thursday, June 4
Abingdon, VA
10:30a.m-6:00p.m
Cost: \$30.00 with
lunch on your own at
Shoney's

The only thing funnier than a Southern funeral is a Southern wedding! The charmingly funny Frye family is back and this time they are going to get married. Or maybe not? The engagement of Attie VanLeer and Harline Frye has been on again, off again more times than a drunken frat boy on a mechanical bull. Now half the town has been invited, the dress has been fitted, the flowers have been ordered and the gifts are piling up in the living room. Will they or won't they? You'll have to find out in this hysterical hit comedy from the authors of *Southern Fried Funeral*.

Sign up begins May 1.

OTLB: Austin's Steak and Homestyle Buffet

Friday, June 12
Knoxville, TN
9:30a.m-
4:00p.m
Cost: \$8.00 for
transportation
Lunch will be on
your own



Serving your favorite steak cuts like sirloin, ribeye, chopped, and tips off our fresh-cut menu as well as our home style buffet favorites such as roast beef, southern-style fried chicken, country mashed potatoes, green beans, pinto beans, macaroni and cheese, cabbage, with the best fresh yeast rolls and much more!

Barter Theater Presents: “Keep on the Sunny Side”

Tuesday, June 16
Abingdon, VA
10:30a.m-6:00p.m
Cost: \$30.00 with lunch on your own
at Logan's Roadhouse

The love story that made country music famous – A. P., Maybelle and Sara Carter are brought to life in this telling look at the lives and music of the Carter Family and the historic

Bristol Sessions. Centered around the great love A.P. had for Sara, which produced such distinctive, enduring songs as *Will the Circle be Unbroken*, *Wildwood Flower*, *My Clinch Mountain Home* and the perennial favorite *Keep on the Sunny Side*. Featuring Eugene Wolf as A.P. Carter.



Sign up begins May 2.

Barter Theater Presents: “The Marvelous Wonderettes”

Wednesday, June 24
Abingdon, VA
10:30a.m-6:00p.m
Cost: \$30.00 with lunch on your own at
Red Lobster



This musical smash takes you to the 1958 Springfield High School prom where we meet The Wonderettes, four girls with hopes and dreams as big as their crinoline skirts! Experience their lives and loves, as the girls perform such classic '50s and '60s songs as “Lollipop,” “Dream Lover,” “Stupid Cupid,” “Lipstick on Your Collar,” “Hold Me, Thrill Me, Kiss Me,” “It’s My Party,” and more than 20 other hits! You’ve never had this much fun at a prom, ever – a must-take trip down memory lane!

Sign up begins May 1.

Your Page

From the Dancing Corner

MAY DANCE AT THE RENAISSANCE CENTER

The May monthly dance will feature *SHOOTER* band. Come out and welcome this group on FRIDAY evening, May 8, 2015. Line dancing will begin at 6:30 PM with the band starting at 7:00 PM. Admission is \$5.00 per person. SHOOTER is a 4-piece band with three part harmonies on every song. Formerly known as

Old Dogs-

New

Tricks,
they

continue
to spread
the joy of
music!

SHOOTER
BAND is
made up of
two

brothers,
Frank and

Wes Perry, Lee Gouge, and Keith Oliver. They are one of the strongest country / rock bands in the East Tennessee Area and will play a varied group of musical selections and genres that should satisfy everyone. Come out and enjoy the music and dancing!



Massage Therapy

Mondays and Tuesdays

9:00am-3:00pm

Call Barbara Keesecker at 423-735-7475

to set up your 30 minute appointment

Cost: \$20.00

Kingsport Senior Center Advisory Council Members

Bruce Shine (Chairman)

Brenda Cunningham

Norma Livesay

Lester Pridemore

Carol Woodard

Pat Breeding

Jean Chang

Carmon Moix

Frances Cottrell

Mary Porter



Public Meeting- TDOT's Transportation Plan

Meeting will be held on
Wednesday, May 13 at 12:30p.m
in room 239.

Public involvement is vital to the development of the 25-year long-range transportation plan.

An interactive outreach and awareness campaign will ensure that elected officials, local governments, the public and interested parties across the state are given an opportunity to provide their input during the development of the plan.

Light refreshments served

Sign up begins May 1.

News to Use

Effective Communication Strategies

An Education Program by the Alzheimer's Association

This seminar will be held on **Thursday, May 21** at 12:30p.m in the card room.

Communication is more than just talking and listening- it's also about sending and receiving messages through attitude, tone of voice, facial expressions and body language. As people with Alzheimer's disease and other dementias progress in their journey and the ability to use words is lost, families need new ways to connect. Join us to explore how communication takes place when someone has Alzheimer's, learn to decode the verbal and behavioral messages delivered by someone with dementia, and identify the strategies to help you connect and communicate at each stage of the disease.

Light refreshments will be provided

Sign up begins May 1.



The Senior Center Athletic Club will be having a car wash and bake sale on Friday, May 8 from 9:00a.m.-12noon on the front lawn.

Recipe of the Month

Chicken and Strawberry Salad

Dressing:

- 1 tablespoon sugar
- 2 tablespoons red wine vinegar
- 1 tablespoon water
- 1/8 teaspoon salt
- 1/8 teaspoon freshly ground pepper
- 2 tablespoons extra-virgin olive oil

Salad:

- 4 cups romaine lettuce
- 4 cups arugula
- 2 cups quartered strawberries
- 1/3 cup vertically sliced red onion
- 12 ounces skinless, boneless rotisserie chicken breasts sliced
- 2 tablespoons unsalted cashew, halves
- ½ cup crumbled blue cheese



Preparation:

1. To prepare dressing, combine first 5 ingredients in a small bowl. Gradually drizzle in oil, stirring constantly with whisk.
2. To prepare salad, combine romaine and next 4 ingredients (through chicken) in bowl; toss gently. Place about 2 cups chicken in mixture on each plate. Top each serving with 1 ½ teaspoons cashews and 2 tablespoons cheese. Drizzle dressing over.

Computer Classes

Basic Computer- May 4, 11, 18, 25-
1:00pm- Cost: \$25.00- Sign up in front
office

Internet Security and Computer Clean up-
Wednesday, May 20- 9:00am-11:00am and
1:00pm-3:00pm- everyone must attend
both classes- Cost: \$10.00- Sign up in front
office

Basic Excel- Monday, May 11- 5:00p.m.-
6:30p.m.- Computer lab- Instructor: Sullivan
County Public Library Staff- You will learn
what a cell and a row is, how to do
formulas, how to sort columns, how to add
columns and/or rows, how to change the
look of a spreadsheet. Sign up begins April
13.

Microsoft Office- Monday, May 18-
5:00p.m.-6:30p.m.- Computer Lab-
Instructor: Sullivan County Library Staff-
You will learn how to write a letter, how to
change font, how to change formatting, how
to edit text and how to insert a picture. Sign
up begins April 13.



Benefits of Meditation with Lee Stone

Lee began his private
counseling practice in
1990. He is nationally
certified in Neuro-Linguistic Programming
Psychotherapy and Clinical Hypnotherapy.
Come and learn how to meditate and all the
health benefits it has to offer.

Located in room 306 on Tuesday and Thursday.

Contact the front office for more information.

Manicures

Tuesday, May 12, 2015
Multipurpose Room
11:30am-2:00pm
Cost: \$2.00
Dobyns-Bennett cosmetology students

Sign up begins April 21

Library Book Day

Thursday, May 21, 2015

Karaoke

Tuesday, May 19, 2015

SMILE: Volunteers Wanted

Attend SMILE meeting-
Thursday, May 14 at 2:00pm
in room 239.

Come and find out about all of our
wonderful volunteer opportunities.
Contact Michelle at 392-8404 for
more information.



Spring Classes 2015

Classes begin week of April 6, 2015 through week of June 22, 2015 unless otherwise noted.

Aerobics

- Monday, Wednesday, Friday (ongoing)
- Time: 9:15am
- Location: Gym
- Instructor: Terri Farthing
- Lo-hi impact aerobics

Basic Tai-Chi

- Monday
- Time: 8:30am
- Location: Room 310

This is a volunteer led class that will teach participants the basics/beginnings of tai-chi. Walk-ins welcome

Ballroom Video Class

- Tuesday
- Time: 4:30pm-6:00pm
- Room 302
- No instructor, practice on your own

Basket Weaving

- Tuesday
- Time: 9:00am-12:30pm
- Room 303
- Instructor: Lynne Bowers

Core & Posture Belly Dance for Beginners (women only)

- Thursday
- Time: 11:30am-12:30pm
- Location: Room 302
- Instructor: Angela Price

Belly Dancing- (Women Only)

- Wednesday
- Time: 1:00pm
- Location: Room 302
- Instructor: Angela Price
- Great for your core and abdominals.

Camera Club

Please visit website for meeting times. Instructor: Claude Kelly
Website:

www.scphotogroup.com

Ceramics

- Tuesday and Thursday
- Time: 9:00am-11:00am
- Location: Ceramic Room
- Instructor: Mary Lamson
- Please remember your \$10 annual firing fee**

Clay (Beginning Hand-Building)

- Monday- Beginning April 20-July 6
- Sign up starts April 8
- Time: 10:00am-3:00pm
- Location: Ceramic Room
- Instructor: Phillip Shivell
- Fee: \$30.00, plus \$10.00 firing fee.
- Limit 16 people
- Pay at signup, no refunds

Clay (Intermediate Hand Building)

- Wednesday- Beginning April 22-July 8
- Sign up starts April 8
- Time: 10:00am-3:00pm
- Location: Ceramic Room
- Instructor: Phillip Shivell
- Fee: \$30.00, plus \$10.00 firing fee
- Limit 16 people
- Pre-requisite must have taken beginning hand building

One on One Clay Lessons

- For beginners and advanced levels; can be catered to individual.
- Tuesday and Thursday from 1:00pm-4:00pm
- Call Phillip Shivell to schedule appointment 341-8352

Clogging (Beginning)

- Thursday (will begin on April 30-June 4)
- Time: 10:00-11:30am
- Location: Room 302
- Instructor: Angela Price
- Must have 8 new beginners
- Sign up in office

Clogging (Intermediate)

- Wednesday
- Time: 11:15am
- Location: Room 302
- Instructor: Angela Price

Dulcimer (Beginners)

- Tuesday
- Time: 11:00am
- Location: Atrium
- Instructor: Sharon McCurry
- Appalachian/Lap dulcimer book: Cost: \$9.99. Supply list available at signup

Intermediate Dulcimer

- Thursday
- Time: 11:00am
- Location: Atrium
- Instructor: Mark Farmer

Exercise for Everybody

- Tuesday & Thursday
- Time: 10:30am
- Location: Gym
- Instructor: Kevin Lytle

Spring Classes 2015

Happy Day Singers

- Monday
- Time: 9:45am
- Inspirational signing at nursing homes

Any member wanting to participate needs to meet outside the Senior Center office each Monday at 9:00am. We travel by bus to the location where we are scheduled to sing.

Jam Session

- Thursday
- Time: 12:30pm
- Location: Cafeteria

Bring your instrument and play with the group, dance or just enjoy the music!

***Jam Session will not meet until Fall class session 2015.**

Karaoke

- 3rd Tuesday each month
- Time: 4:00pm
- Location: Cafeteria
- Bring a snack

Knitting Class

- Monday
- Time: 1:00-3:00pm
- Location: Room 303
- Instructor: Barbara White
- All skill levels

Lap Swimming

- Monday-Friday
- Time: 9:00am-11:00am
- Location: Aquatics Center
- No instructor, Lap swimming
- Locker room and warm water pool available for use.

Mahjong

- Monday
- Time: 1:30pm
- Location: Card Room
- Instructor: Jean Chang

Beginners to advanced player's welcome.

Mini Cardio

- Tuesday & Thursday
- Time: 8:45am-9:15am
- Room: 302
- Instructor: Roger Hixon

Piano Lessons

- Thursday
- Time: 2:00pm-4:00pm
- Room: Multipurpose Room
- Instructor: Freda Karsnak
- Fee: \$15.00 paid to instructor
- Call to schedule appointment: 292-2711

Quilting

- Monday
- Time: 9:00am-10:30am
- Location: Room 303
- Instructor: John Plutchak

Renaissance Strings

- Tuesday
- Time: 10:00am-11:00am
- Location: Atrium
- Instructor: Mark Farmer

Rook

- Tuesday
- 4:00pm
- Location: Card Room
- Bring snack to share

SilverSneakers Classic

- Monday, Wednesday, Friday
- Time: 8:15am-9:00am
- Location: Gym
- Low Impact Aerobics
- Instructor: Terri Bowling

Strength Training

- Monday, Wednesday, Friday
- Time: 10:15am-11:0am
- Location: Gym
- Instructor: Terri Farthing

Strength Training

- Tuesday & Thursday
- Time: 9:30am-10:30am
- Location: Gym
- Instructor: Kevin Lytle

Tai-Chi

- Wednesday
- Time: 8:30am
- Location: Room 310
- Instructor: Hang Lei

Woodcarving

- Thursday
- Time: 9:00am-12:00pm
- Location: Room 303
- Beginners welcome

Woodshop

- Monday, Tuesday, Wednesday
- Time: 8:30am-3:00pm
- Location: Woodshop
- Instructor: Volunteers
- Safety test required.
- Given 1st Monday of each month at 9:00am

Zumba

- Tuesday & Thursday
- Time: 8:15am
- Location: Gym
- Instructor: Terri Bowling

Spring Classes 2015 Branch Site Schedule

Classes end week of June 22 unless otherwise noted.

Core Conditioning

- Monday & Wednesday
- Time: 9:00am
- Location: Lynn View
- Instructor: Chris Hicks
- Great for all ages
- Gain core strength

Beginning Crochet (April 28-June 2)

- Tuesday
- 6 week class
- Time: 10:00am-11:00am
- Instructor: Susan Egan
- Location: Lynn View
- Cost: \$20.00
- Must be right handed, call for materials list 765-9047

Intermediate Crochet (April 28-June 2)

- Tuesday
- 6 week class
- Instructor: Susan Egan
- Time: 11:30am-12:30pm
- Cost: \$20.00
- Bring your own pattern

Art Class

- Tuesday
- Time: 10:00am-12:00pm
- Location: Lynn View
- Instructor: Jo Anne McDonough

Advanced Yoga

- Tuesday & Thursday
- Time: 11:00am-11:30am
- Location: First Broad Street UMC
- Instructor: Tish Kashdan

Private Personal Training with Chris Hicks

- Call for appointment: 723-9967
- Call for prices

Artist and Crafters Monthly Breakfast

- 2nd Wednesday of each month
- Time: 9:30am
- Location: Lynn View
- Please call for reservation 765-9047

Yoga

- Tuesday & Thursday
- Time: 11:30am-12:30pm
- Location: First Broad Street UMC
- Instructor: Tish Kashdan

SilverSneakers Classic

- Monday & Wednesday
- Time: 10:00am
- Location: Lynn View
- Instructor: Chris Hicks

Piloxing

- Tuesday & Thursday
- Time: 9:30am
- Location: Colonial Heights Baptist Church
- Instructor: Terri Bowling
- This class is a combination of Pilates and Kickboxing. It is an intense workout.

Total Body Workout

- Monday & Wednesday
- Time: 9:30am
- Location: VO Dobbins Gym #2
- Instructor: Terri Bowling

Pickleball

- Monday & Wednesday
- Time: 10:00am-Noon
- Location: Lynn View

SilverSneakers Yoga

- Wednesday
- Time: 11:00am
- Location: Colonial Heights Baptist Church
- Instructor: Darlene Taylor

Indoor Walking

- Monday-Friday
- Time: 9:00am-Noon
- Location: Colonial Heights Baptist Church
- There will be a roster in the gym office at the church. Please sign the roster as with any other class.

SilverSneakers Yoga

- Monday & Wednesday
- Time: 11:00am
- Location: Lynn View
- Instructor: Chris Hicks

Artisans Wanted

The Kingsport Senior Artisan Center is looking for a few new original artists to display and sell their work in our Artisan Center. Unique, original, hand made items will be considered. Please call for more information.

765-9047

visit our website

www.kingsportseniorartisancenter.com
and like our facebook page

Kingsport Adult Education Classes



Adult Education

Job Skills



Basic Heating Ventilation and Air Conditioning Preparation

- ✚ Monday
- ✚ Beginning May 11- July 6, 2015
- ✚ Time: 6:00p.m- 8:00p.m.
- ✚ Renaissance Center Cafeteria
- ✚ Cost: \$145.00 due first day of class
- ✚ 8 week class with Instructor Karl Berry
- ✚ This is an 8 week class to prepare you for the HVAC test
- ✚ Contact 392-8400 to register for the class



Cultural/Arts/Crafts

Basic Excel- Monday, May 11- 5:00p.m-6:30p.m- Computer lab- Instructor: Sullivan County Public Library Staff- You will learn what a cell and a row is, how to do formulas, how to sort columns, how to add columns and/or rows, how to change the look of a spreadsheet. **Sign up begins April 13.**

Microsoft Office- Monday, May 18- 5:00p.m-6:30p.m- Computer Lab- Instructor: Sullivan County Library Staff- You will learn how to write a letter, how to change font, how to change formatting, how to edit text and how to insert a picture. **Sign up begins April 13.**

Pasta For All Seasons- Wednesday, May 27, 2015- Lounge- 3:30p.m.- 4:30p.m.- Cost: \$2.00 paid to instructor Jana Moulder- This class will feature a pasta dish for spring, summer, fall and winter- **Sign up begins May 4.**

Beginning Hand-building

- ✚ Monday's April 20-June 1, 2015
- ✚ 4:30p.m-7:00p.m
- ✚ Clay Room
- ✚ Instructor: Jess Parks
- ✚ Cost: \$40 for members and \$50 for non members
- ✚ Sign up now!
- ✚ Contact 392-8400

Health/Exercise



Personal Training with Chris

- ✚ Instructor: Chris Hicks
- ✚ Available by the hour or as package
- ✚ Contact Chris (423) 723-9967 for pricing



**STEAMPUNK RESIN PENDANT WORKSHOP
TAUGHT BY ALETA CHANDLER @ KINGSPORT SENIOR
CENTER**

**TUESDAY, MAY 19TH 10:00AM - NOON
ALL MATERIALS INCLUDED- \$55 NON-MEMBERS
\$45 KSC MEMBERS**

CALL TO REGISTER BY MAY 15TH

Come join us on Tuesday, May 19th, 10:00 am -noon
for a workshop like no other.



Using deconstructed antique time pieces, we will set rigid yet polished gears, screws and other intriguing components into a recycled watch frame transforming it into a pendant using clear resin.

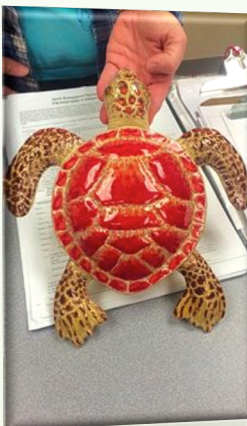
All materials, including necklace to hang the pendant on,
is included in the price of the workshop.

**PLEASE NOTE THE DEADLINE TO SIGN UP *MAY 15*.
THERE IS LIMITED SPACE IN THE CLASS!**

Class will be held at Kingsport Senior Center
in the card room call the senior center office (423) 392-8400 to
register.

The fee for this workshop includes making 1 pendant with a cord.

Check Us Out!!



Father's Day Cookout

Thursday, June 18, 2015

Location: Eastman Cabins #9

Sign up begins May 18

Time: 11:30a.m-1:00p.m.

Cost: Bring side dish to go with Hamburgers

*Transportation provided from center

Entertainment:
TBA



The Kingsport Senior Center

1200 E. Center Street
Kingsport, TN 37660

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